



Newsletters are prepared a month in advance; please check the Fearington Cares website for up-to-date information about our programs. The Fearington Cares website (fearingtoncares.org) is also a good resource for accurate information about the **COVID-19** pandemic and response; information may be found under the "Resources" tab.

Our Spring Auction and Tag Sale are Fabulous!

Auction: March 30 to midnight April 17, online
Tag Sale: May 3, 12-5 p.m. at Chatham Marketplace

Fearington residents have generously donated a wide diversity of beautiful, useful, unique and irresistible items. Proceeds from the sales will help furnish our new building. First up is the auction which runs from **March 30 to midnight April 17**. Two hundred select items will be displayed on "32auctions.com" for you to view and bid on. Bid winners can pick up their items April 24 or 25 at The Gathering Place. On **Sunday, May 3**, 12-5 p.m., the Tag Sale will be held at Chatham Marketplace (480 Hillsboro Street, Pittsboro). You are sure to find something you can't resist, a finishing touch for your home or the perfect gift for that special person. The array of items is spectacular!

Annual Meeting and Celebration of Volunteers

April 8, 10 a.m. at The Gathering Place

Fearington Cares has served the community for 30 years and plans to do so far into the future. Please join us on April 8 for our annual meeting and celebration of our terrific volunteers. Meet with the Board of Directors, review our building progress and share your thoughts about our services and programming. Fearington Cares is fortunate to have more than 250 Volunteers: please help us thank them all year long, and particularly during April, which is **National Volunteer Celebration month!**

Innovative Care Options for Living with Dementia

April 23, 1:30 p.m. at The Gathering Place

The Duke Dementia Family Support Program has been serving NC dementia family caregivers, persons living with dementia and professionals for over 40 years. They offer free educational programs, support groups

and personalized consultation services that work to link individuals to available community resources. Their community-based services have never been limited to the Duke community or Duke patients.

This presentation will cover the broad array of education and services available from this program. They will offer examples of high-demand questions and their personally-tailored responses to individuals and families from diagnosis of a dementia through late-stage care.

The co-presenters are Lisa P. Gwyther, MSW, LCSW and founder of the Duke Dementia Family Support Program, and Janeli McNeal, MSW. Lisa is an associate professor in the Duke Department of Psychiatry and Behavioral Sciences and the author of over 150 journal articles, books and book chapters on working with individuals and families living with dementia. Janeli has provided a range of social work services at the Duke Dementia Family Program for over four years and previously worked with the Henderson County Council on Aging supporting at-risk older adults who were living in the community.

Movement Classes at The Gathering Place
All classes 11:30 a.m.–12:30 p.m.
(Suggested donation: \$2 per class.)

Mondays—Chair Yoga (No class April 20.)

Tuesdays—Tai Chi

Wed./Fridays—Light Cardio

Thursdays—Line Dancing (No class April 23.)

Tech Tuesday: Digital Photos—Printing, Sharing and Evaluating

May 5, 1 p.m. at The Gathering Place

The Pittsboro InFocus Photo Club returns for a follow up to the April program. Speaker Graham Bird will discuss ideas for printing your photos and/or digitally sharing them with friends and family. Club members will also help us learn how to evaluate our own photos. In order to improve our photography skills, you are invited to share your digital photos with attendees by submitting them to FearingtonEdge@gmail.com. We will review photos (don't worry—no names will be

attached!) to sharpen our attention to detail and understanding of what makes a photograph special.

National Healthcare Decisions Month

April is Healthcare Decisions month and was established to encourage conversations among families and healthcare providers that allow you to live your final days with the same purpose and joy you have achieved during a lifetime. Sharing your wishes for end-of-life care can bring you closer to the people you love; it's critically important and you can do it. The Kaiser Family Foundation Serious Illness in Late Life Survey (2017) found that 97% of people say it's important to put their wishes in writing but only 37% report they have done so; 53% say they'd be relieved if a loved one started the conversation. Karen regularly meets with individuals and families to discuss this topic. If you are interested, call the Center (919-542-6877) to schedule an appointment.

Support Group Changes

Due to ongoing renovations at the Center, the following support groups have changed their meeting places for April and May. June dates and locations will also be changed and listed in our next Newsletter:

'Brainiacs' will meet on Thursdays, 10-11 a.m. in the small room of The Gathering Place. No meetings on April 16 and May 21.

Caregivers Support Group will meet on April 15; May 6, 20, 1-2:30 p.m. in the small room of The Gathering Place.

Living with Chronic Conditions Support Group will meet on May 7, 1-2:30 p.m. in the small room of The Gathering Place.

Living with Loss Support Group will meet on April 9, 30; May 14, 28, 1-2:30 p.m. at the Branson home.

Alcoholics Anonymous: No meetings through June. (Call Karen Metzguer, 919-542-6877, for information.)

About that Light Bulb...

Our Fearrington Cares Handypersons are really handy but really limited in number. If you think you can do some handy things that might seem easy for you but difficult for others, please contact the Center (919-542-6877) and volunteer. We don't need Jacks or Jills of all trades; we just need people who think they can help others with fairly simple things (like replacing a light bulb). We can readily assign tasks to you by your skill set and availability.

APRIL HAPPENINGS

See the FC Calendar for any late event changes.
<<https://fearringtoncares.org/events/>>

Events: (All programs are held at The Gathering Place, unless otherwise noted.)

All Movement Classes 11:30 a.m.-12:30 p.m. (Suggested donation: \$2 per class.):

- o Chair Yoga, Mon.; no class April 20.
- o Tai Chi, Tues.
- o Light Cardio, Wed. & Fri.
- o Line Dancing, Thurs.; no class April 23.

Spring Auction: March 30 to midnight April 17.

Brunch Bread Making Class: April 3, 2-4 p.m.

Phone and Camera Photography, April 7, 1 p.m.

Annual Meeting and Celebration of Volunteers: April 8, 10 a.m.

Innovative Care Options for Living with Dementia: April 23, 1:30 p.m.

Spring Tag Sale: May 3, 12-5 p.m. at Chatham Marketplace

Digital Photos—Printing, Sharing and Evaluating: May 5, 1 p.m.

Health Services: (Services are offered at the Fearrington Cares Center, unless otherwise noted.)

RN Office Hours: M-F, 9 a.m.-noon.

Blood Pressure Checks: During nursing hours.

Foot Clinic: no foot clinics in April or May.

Support Services: (Most groups will have altered meeting locations for April and May.)

'Brainiacs': Thursdays, 10-11 a.m. in the small room of The Gathering Place. No meetings on April 16 and May 21. (Call Karen Metzguer, 919-542-6877, for information.)

Parkinson's Caregivers and Care Receivers: April 15, 10-11:20 a.m. at The Gathering Place; regular meeting with no speaker.

Caregivers Support Group: April 15; May 6, 20, 1-2:30 p.m. in the small room of The Gathering Place. (Contact Fred or Karen Sheckman, momback1@aol.com,

karenlsheckman@gmail.com)

Living with Chronic Conditions Support Group: May 7, 1-2:30 p.m. in the small room of The Gathering Place.

Living with Loss Support Group: April 9, 30; May 14, 28, 1-2:30 p.m. at the Branson home.

Alcoholics Anonymous; No meetings through June. (Call Karen Metzguer, 919-542-6877, for information.)

Volunteer Services and Opportunities:

Call the Center (919-542-6877) to schedule an appointment, to learn more or to volunteer.